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THERAPEUTIC VALUE OF H-PLUS®

by Fowler C. Jones, Ed.D.

Fowler Jones is an Associate Professor of Psychiatry (Psychology) at the University of Kansas Medical Center, a Monroe Institute Professional Member and Trainer for the GATEWAY VOYAGE® program.

I would like to report the following regarding the H-PLUS® tape *Relax*:

Mr. H.L. is a 45 year old construction foreman who is hospitalized on the psychiatric service. He has a longstanding history of anxiety, depression, and medication abuse. Because of his tendency to over-rely on medication he is currently being treated without benefit of antianxiety drugs. His chronic complaints of inability to sleep were noted by the attending psychiatrist who sent me a consultation request. The patient was seen in his room on the psychiatric service and hypnotherapy was given.

Afterwards, the patient reported that he had not felt that relaxed in years. I saw him two days later for more hypnotherapy. The patient reported that he was apprehensive about discharge and asked for a hypnotic tape to take home. The H-PLUS *Relax* tape was given to him and he continued to use this during his hospital stay. He was quite enthusiastic about the tape. He stated that he was now able to relax and even sleep well for the first time in a number of years. His condition improved so much that he was discharged with *Relax* to continue using at home. Previously, this gentleman had had other forms of non-pharmaceutical intervention, like biofeedback, progressive relaxation, guided imagery, etc. None, however, appeared to produce the desired results.

Considering this man's history and the fact that so many pharmacological as well as non-pharmacological interventions have been made, I must admit that I viewed his potential to respond to any treatment modality with pessimism. I'm extremely pleased at his positive response to the H-PLUS tape.

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